57090 Twentynine Palms Hwy,
Yucca Valley, CA 92284
(760) 853-0208

Hello AUGUST

Monday - Thursday 9 am - 2 pm
Friday 9 am - 12:30 pm

Yucca Valley Senior Center Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Celebrate National Wellness Month at the Yucca Valley Senior Center! STRONGER SENIORS Take Advantage of our programs for your self-care, and create healthier habits to feel like your best self!		AUGUST IS NATIONAL WELLNESS MONTH			1 9:15 Senior Fitness Cardio with Joshua NEW 11:00 Lunch 12:30-5:00 Senior Club BINGO	2 Concert in the Park Chris Lozano Band Country 7-9 pm
3	4 9:30 Arcade Games with Jeremy Try Your Luck! 10:15 Seniors FIT & FIRM Bring Your Own Mat! 11:00 Lunch 12:15 Chair Yoga	5 9:00 Balance Class 10:00 Healthy Hands 10:15 ZUMBA 10:30 Posture Class 11:00 Lunch 11:45 gentiva HOSPICE Talks about Volunteer Advocates needed for End of Life Care	6 9:30 Joseph w/ SCAN 9:30 Coffee/Donuts 10:15 Pilates w/ Shawn 11:00 Lunch 11:30 Sponsored by Senior Club ROOT BEER FLOAT DAY 12:15 Chair Fitness	7 9:00 Balance Class 10:00 Healthy Hands 10:30 Strength Class 11:00 Lunch 11:45 Pain & Disability Support Group Meeting 11:45 Country Dancing w/ Lara WANTED LINE DANCER	8 9:15 Chi Gung 10:30 Free Bread 11:00 Lunch 12:30-5:00 Senior Club BINGO BINGO!	9 Concert in the Park Buffet Beach Band Jimmy Buffet Tribute 7-9 pm
10	11 9-Noon Thrift Store Day! 9:30 TECH TIME 10:00 Social Worker Assistance for Seniors 10:15 FIT & FIRM 11:00 Lunch 12:15 CHAIR YOGA	12 9:00 Balance Class 10-2 Braille Institute "Low Vision Services" 10:00 Healthy Hands 10:15 Zumba 10:30 Posture Class 11:00 Lunch 11:45–1pm Music Day Entertainment By: THE WILDCATS	13 9:15 Chi Gung 9:30 DVD Sale 9:30 Peace & Harmony Home Health Resource Table 10:15 Pilates w/ Shawn 11:00 Lunch Elhartz Insurance BIRTHDAY CELEBRATION SPONSOR 12:15 Chair Fitness	14 11:00-1:30pm YOU'RE INVITED TO A Farewell Lunch Party Music Celebrating Miss Greta	15 9:15 Senior Fitness Cardio with Joshua 11:00 Lunch 12:30-5:00 Senior Club Bingo	16
17	18 Thrift Store Day! 9am-Noon 9:30 FIND FOOD BANK Apply for CalFresh 9:30 Resource Table DESERT OASIS HEALTHCARE 10:15 Fit& Firm 11:00 Lunch 12:15 Chair Yoga	19 9:30 Reach Morongo Basin Information Table 10:00 Bus Passes Office on Aging 10:15 ZUMBA 11:00 Lunch 11:30 Move Well Live Well Balance Class with Joshua 12:30 Healthy Hands	20 9:00 Coffee/News 9:15 Chi Gung 10:15 Pilates w/ Shawn Hosted at the Community Center 11:00 Lunch 11:45 Adult Coloring with Sonja 12:15 Seated Exercise	21 SENIOR CITIZEN'S DAY 9:00 Balance Class 10:00 Healthy Hands 10:30 Strength Class 11:00 Lunch 11:45 Country Dancing w/ Lara	22 9:15 Coffee Time 11:00 Lunch 12:30-5:00 Senior Club BINGO!	23
24 National Banana Split Day 25th	25 9:30 Arcade Games with Jeremy 10:15 Fit& Firm 11:00 Lunch with Banana Split Treat By: Elhartz Insurance 12:15 CHAIR YOGA	26 9:00 Balance Class 10:15 ZUMBA 10:00 Healthy Hands 10:30 Posture Class 11:00 Lunch 12:00 RCA Meeting 12:15 Tai Chi IT'S BACK.	27 9:15 Chi Gung 10:15 Pilates w/ Shawn 11:00 Lunch 11:45 Arts & Crafts 12:15 Chair Fitness	28 FREE HAIRCUTS Appointment Required 9:00 Balance Class 10:00 Healthy Hands 10:30 Strength Class 11:00 Lunch 11:45 Country Dancing	29 9:00-Noon Thrift Store Day! 10:30 FREE BREAD 11:00 Lunch 12:30-5:00 Senior Club BINGO	30

The Senior Center is operated by the Town of Yucca Valley Recreation Dept. For info contact Nena McCullough at (760) 853-0208.
San Bernardino County Senior Nutrition Program Lunch provided by Family Services Association. Monday - Friday 11:00 a.m. –Noon